

FAQs

Q. When are classes and how much are they?

A. Regular class times for the Women's Self-Defense are scheduled for every Friday night from 8:00 pm-9:00 pm. The cost is \$10 per class attended. There are no contracts, you only pay for the classes you attend.

Q: I'm a beginner. Is that okay?

A: This program is geared towards women who are trying martial arts for the first time.

Q: Am I too old/young to start?

A: Our program is open to all women who are 13 and up. We have seen women from early teen, college students, grandmothers, and everyone in between.

Q: Will I get hit?

A: We do not spar (fight) in this class. When practicing our punches, kicks, etc. we use pads, heavy bags, etc. During exercises that we mimic potential threats, the instructor will gauge according to your temperament and skill level.

Q: I'm not in great shape. I'm worried I won't be able to keep up.

A: All of our drills are self-paced depending on your fitness level. They are designed for you to "compete" with yourself and always strive to do "just one more" or "a little faster" than your previous time. We work on improving your strength as well as stamina. The more fit you feel, the more confident you are. So it doesn't matter if you are just starting out or are already fit.

Q: Do I have to buy/wear a uniform?

A: It's best to wear any comfortable workout clothes that do not have any snaps, buckles, zippers, or buttons that could cause accidental injury to yourself or someone else. Also training in the Martial Arts is done barefoot. So no special footwear is required.

Q: What kinds of skills will I be learning?

A: We practice the basics of punching, kicking, and blocking. But we also work on defenses against various weapons, situational awareness, and the importance of a strong, self-confident stance posture and tone of voice.

Hill's Martial Arts
48 W. Foster-Maineville Rd.
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(513) 774-0500
Keepkicking2.com

Women's Self Defense



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How to Get Started

Introductory **Special** is one month of classes for FREE. The best way to find out about our program is to try it out. There is no substitute for hands on information. This gives students and parents of students the opportunity to evaluate our program to see what we are all about.

If you would like to try ONE MONTH FREE call us at 513-774-0500 or simply stop in. New students are encouraged to observe/participate in a class and meet the instructors. Please arrive 10 minutes early to scheduled class time.

Why should you join us?

- To have fun
- To develop confidence
- To learn effective self-defense techniques that could protect not only yourself, but those you care for
- To train in friendly & unthreatening environment
- To do something good for yourself that not only makes you feel stronger, but more empowered in other areas of your life
- To build your strength and stamina
- To challenge yourself not only physically, but mentally
- To build relationships with a variety of people who are fellow students in the class
- To let go of the week's stresses
- To increase endorphins and serotonin levels that help with your overall mental health

Mission Statement

Hill's Martial Arts is dedicated to developing students of moral character, community devotion, self-strength, and positive leadership abilities. By providing a safe and high energy training environment, students are given the necessary tools and encouragement to grow in Mind, Body, and Spirit. Our fundamental philosophy of "Family Comes First" is reinforced in every stage of training.

Private Individual & Group Lessons

Regular class times don't work for you? Too nervous to start with a group you don't know? Planning a special girls' night? Want to do a "Team Building" exercise at the office? Interested in providing a self-defense program for your employees?

We can adapt a class or program to fit your needs that will be informative, interactive, and fun at our location or yours. They can be structured (depending on participation) to be co-ed or female/male separate. We can focus on hand-to-hand, defense against weapons, multiple attacker scenarios, strength and endurance exercises, or any combination.

Contact us for information on private session pricing and availability.



Kickin' It In Heels

Martial Arts for Women

Our goal is to teach women basic techniques that will build both self-confidence and fitness while having fun.

"Kickin' It In Heels combines empowerment with skills I've always wanted to learn but talked myself out of. From the first class everyone had my back and I had so much fun. Nearly 6 months later I'm more confident and stronger than I ever thought I could be!"

- Selah S. (Valued student since October 2011)